

KARL WATSON TOURS

IN ASSOCIATION WITH
Intrepid



BORNEO APR 2023

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Day 1 / Date: 3rd April 2023**Arrival – Kota Kinabalu**

Meals included: Welcome meal

Welcome to Borneo! Your trip begins today with your arrival in Kota Kinabalu. There are no activities planned for today, so you are free to settle in and do your own exploration of Sabah's capital city. Kota Kinabalu is located on the edge of the South China Sea and overlooks a beautiful cluster of coral-fringed islands. Its location is quite striking, set against a backdrop of the Crocker Range with the granite peaks of Mt Kinabalu in the distance. The population is a unique blend of European, Malay and Chinese cultures, with a recent influx of Filipino. There are many optional things you can do in your free time such as visiting the Sabah Museum, with its collection of tribal and historical artefacts, and the State Mosque, an outstanding example of contemporary Islamic architecture. Alternatively, you could escape the hustle and bustle of Kota Kinabalu and take a walk-up Signal Hill, which offers stunning views over the city. Make sure you are back at the hotel for your pre-departure briefing this evening at 6pm. After the welcome meeting you'll enjoy a welcome meal where you'll get to know your fellow travellers. The welcome meal will be walking distance from the hotel.

Included Activities

- Welcome meal

Arrival Transfer

- Not Included

Single Supplement available : Yes

Accommodation

Dreamtel Hotel or similar

Day 2 / Date: 4th April 2023**Kinabalu Park**

Meals included: Breakfast, Dinner

We leave Kota Kinabalu in the morning and travel approx. 2-2.5 hours up to Kinabalu Park, for our mission to conquer Mount Kinabalu. Kinabalu park was designated as one of the first national parks in Malaysia back in 1964. It's recognised as one of the most important biological sites in the world due to its rich variety of flora and fauna with more than 4500 species. There are numerous lower trails around the park for us to visit to stretch your limbs for the real challenge the next day. You will be overnighing in a dorm room at Kinabalu park.

Included Activities

- Visit to Kinabalu Park, botanical garden & lower trail

Single Supplement available : **No**

Special Information

We consider the Mt Kinabalu trek to be a huge highlight of the trip. If you decide the trek is just not for you, we can provide alternative arrangements ***if advised at time of booking***. For more information on the trekking alternative please see the 'Itinerary Disclaimer' section in the Essential Trip Information.

Accommodation

[Kinabalu park lodge](#) (Rock twin shared or Hill lodge) – or similar

Day 3 / Date: 5th April 2023

Mount Kinabalu

Meals included: Breakfast, packed lunch & dinner

After breakfast, proceed for climbing registration and getting ready for our Mount Kinabalu Challenge! You will store the rest of your luggage at the concierge and if you would like to hire a porter, please advise your tour guide so they can pre-arrange a porter for you. You may pay this locally. You will be met by your climbing guide at 0830am to start the climb. We will take a short minibus ride to the start of the trail at Timpohon gate from where we commence our climb. The first 4 KM are quite moderate we will be mainly climbing steps of varying sizes. There are rest huts along the way every Kilometre or so and plenty of toilets. There is no rush whatsoever so take your time and enjoy the magnificent temperate rainforest. Our destination is Laban Rata where we will be overnighting for the night. At 3273 Meters on a clear day you can enjoy a beautiful sunset from here. After dinner, it's time to settle in for the night as you will be up early to start your summit climb.

For the mountain climb its fine to use a DSLR/go Pro but for professional film equipment we need to apply for filming permit from Sabah parks (which is very expensive)

1) Drone must be registered with Sabah Parks when the operator applies for authorization from the Sabah Parks to use the drone in Sabah Parks Area.

2) Prior approval from Civil Aviation Authority of Malaysia (CAAM) is required before filming or photography activities can commence.

Porters are optional and it really depends on the customers fitness level – we recommend them as the cost is relatively cheap (1-10 kg = 130 MYR / 10+kg = 13 MYR / per KG) gives employment to the local community and often the mountain climb is difficult for many so not having to carry your overnight stuff can make it a bit easier.

Included Activities

- Ascent to Mount Kinabalu

Single Supplement available: **No**

Special Information

Please note that, on this trek, altitude can affect you regardless of your fitness level, so everyone will take the trek at their own pace. It's important that you have educated yourself about the dangers of altitude

sickness and its symptoms prior to the climb so you know what to look out for. Ensure you have warm layers, waterproof gloves, hat, head torch, waterproof jacket and good walking shoes/boots

Accommodation

[Laban Rata Rest House](#) or similar

At Laban Rata Rest House, the accommodation is unisex, multiple dormitory rooms. There are 3 type of dorm at this Rest house – 02 Bunk beds, 03 bunk beds and 06 bunk beds, however the room allocation strictly depends on who arrived at the rest house first.

Day 4 / Date: 6th April 2023

Kinabalu Park

Meals included: Breakfast, Lunch & Dinner

We rise around 2am to catch the sunrise on the summit. It's not an easy walk but you will feel a huge sense of achievement. Depending on your fitness the walk will take between 2-4 hours – even if you are very fit you will start to feel the altitude and become short of breath. The trail is made by a white rope that you will need to hold onto with both hands on steep sections of the trail. The last part of the trek is a scramble over large boulders to reach the summit at 4095 M. We follow the same trail down over granite towards Laban Rata. After a well-earned breakfast we hit the trail and start our descent. It is often difficult on your knees so take your time. We should arrive back at Kinabalu park mid-afternoon where you can get a simple lunch from the Balsam café. Once everyone is down from the mountain we continue to our hotel for overnight.

Included Activities

- Descent from Mount Kinabalu

Single Supplement available: **No**

Special Information

The window for climbing the summit trail is quite narrow so climbers need to reach Sayat check point by 5:30 am to continue, and must listen to the instructions of the mountain guide and leader about continuing. The mountain guide's decision is final when it comes to safety on the mountain. After Sayat, there is a rope marking the trail all the way to the summit. Waterproof gloves are recommended to protect your hands from rope burn (as well as to keep them warm).

Accommodation

[Zen Garden Resort](#) – or similar

Day 5 / Date: 7th April 2023

Sandakan

Meals included: Breakfast

Travel by private bus to eastern side of Sabah, where we will be overnight at Sandakan city. The drive will take approximately 6 hours. No activity planned today. You can enjoy the stay here. Arrive in the busy city of Sandakan and see the strong Cantonese influence, evident in the lively harbour side market, the many Chinese temples and the local cuisine. In the afternoon, we will explore the city by foot .

Included Activities

- Orientation walk at Sandakan city centre

Single Supplement available: Yes

Accommodation [Hotel Sandakan](#) - or similar

Day 6 / Date: 8th April 2023

Turtle Island

Meals included: Breakfast, Lunch, dinner

After breakfast, take a short ride to CQ Jetty for Selingan Turtle Island. Please only bring your essential as the island do not have proper jetty and you will have to carry your luggage all the way to the resort. This journey by motorized boat will take about 1 hour. After lunch, head to the beach where you can find lots of juvenile marine life or you can choose to relax or sunbathing by the beach. Before dinner, treat yourself to a slide show featuring information of the turtle park and turtles. After dinner, standby at the Cafeteria. Wait for Park Ranger's signal before proceeding in a small group to the egg-laying site to witness the mother turtle laying eggs, transferring of eggs to the hatchery and releasing of hatchlings to the sea. Stay overnight at Island Chalet.

The turtle laying eggs activities time is depending on the arrival of turtle. It will usually take from 8pm – 5am. Please be aware this is a very delicate environment and you must follow instructions from your leader and the local rangers to ensure minimal impact on the turtles. Any breached of rules will be taken strict action.

Sabah Parks (who manage Turtle Island conservation activities) endorse the following conservation, and safety, practices at Turtle Island. This is to minimize any negative impact on the Turtles who come to lay eggs on the island: -

- Sabah Parks allow only camera of unaided flash to take photographs of the turtle (Video/Digital Video Camera are not allowed). RM10 Per camera for personal use only.
- Visitors are not allowed to go around the island on their own from 6:00pm – 6:00am.
- Only one (1) turtle sighting per night is allowed for visitors to Turtle Island.

Included Activities

- Turtle Viewing

Single Supplement available: **No**

Accommodation

Selingan Island Resort or similar

Day 7 / Date: 9th April 2023

Kinabatangan

Meals included: Breakfast, Lunch, Dinner

Return to the mainland. Hop into a private minivan and proceed to Sepilok Orang Utan Rehabilitation Centre (SOURC) to witness the 10am feeding time. After registration, follow a guided boardwalk that will lead you to the Feeding Platform, a chance for you to explore the lowland rainforest trees. Witness the feeding of the Orang Utan, watch the scheduled video program about the Orang Utan and SOURC (25 mins) at the Nature Education Centre and pay a visit to the Exhibition Hall at the centre. Proceed to Sun Bear conservation centre before we go for lunch. Today we will depart to Kinabatangan and to our wildlife lodge on banks of the Kinabatangan river.

If you require more time at the Orang Utan or Sun Bear Centre you will have the opportunity to visit again before flying back to Kota Kinabalu

The drive usually takes about 02 hours traffic dependent. The Kinabatangan river is one of the longest rivers in Borneo and is home to some of Borneo's highest concentration of wildlife. In the afternoon, we will head out on a river cruise in search of proboscis monkeys, orang-utans and elephant. In the evening, there is the chance to take an optional night walk in search of creepy crawlies for an additional charge

Remarks:

- Note on Camera Use at Sepilok Orang Utan Rehabilitation Centre & FEES:
- Any camera with zoom lens from 100 to 400mm, video cameras or other video recording equipment (for personal use only): RM10 per equipment
- Any camera with >400mm / film-making equipment (1 day only): RM1,000 per equipment
- Any camera with >400mm / film-making equipment (for a period not exceeding 1 week) : RM10,000 per equipment
- Mode of payment: CASH

Included Activities

- Afternoon River cruise
- Sepilok Orang Utan Rehabilitation Centre (SOURC)
- Sun Bear conservation centre (BSBCC)

Optional Activities

- Night walk

Single Supplement available: **Yes**

Accommodation

[Sukau Rainforest Lodge](#) or similar

Day 8 / Date: 10th April 2023
Kinabatangan

Meals included: Breakfast, Lunch, Dinner

There are no activities planned this morning and you are free to enjoy your stay here. You may want to enjoy massage at the SPA or the dip pool. If you would like to join the morning cruise, please advise your leader and she/he will arrange for you to join with the rest of the in-house guest. Return for breakfast and at leisure or join the free Orang Utan Talk activity (Join in basis). In the evening, you get your last chance to take as many photos as you can on a final river cruise.

Included Activities

- Kinabatangan River cruise join in basis (Afternoon)

Optional Activities

- Night walk
- Morning cruise Join in basis (FOC)
- Orang Utan talk join in basis (FOC)

Single Supplement available: **Yes**

Accommodation [Sukau Rainforest Lodge](#) or similar

Day 9 / Date: 11th April 2023
Sandakan

Meals included: Breakfast, Lunch and Dinner

After breakfast, say goodbye to the Jungle Lodge and hit the road in a private minivan to Sandakan. Get some insight into the city's past at the emotive War Memorial, built on the site of a Japanese POW camp. This site also marks the starting point of the tragic Sandakan Death Marches, on which 2,400 POWs were forced to walk through the jungles of Borneo. By the end of the march, only 6 Australians survived, and only because they had escaped. Sandakan was once the capital of British North Borneo and traditionally has strong trading ties with Hong Kong. The Cantonese influence is evident in the lively harborside market, the many Chinese temples, and the local cuisine. Proceed for lunch before we check in at our resort for tonight.

Included Activities

- Visit to Sandakan war memorial

Single Supplement available: **Yes**

Accommodation

[My Nature Resort](#) (Run Of House) or similar

Day 10 / Date: 12th April 2023
Sepilok

Meals included: Breakfast, Dinner

Wake up early in the morning for breakfast and proceed with a visit to our next destination, Labuk Bay Proboscis Monkey sanctuary where you can watch up close the amazing bachelor proboscis lazing and feeding - an experience that can only be found in Borneo. The sanctuary is a protected forest reserve inhabited by several groups of wild proboscis monkeys. Return to your resort by lunch time and rest.

Remarks:

- *Camera (photographs only): RM10 per equipment*
- *Video camera: RM20 per equipment*

Included Activities

- Visit to Labuk Bay Proboscis Monkey sanctuary

Optional Activities

- Rainforest Discovery Centre (300 meters: Walking distance) Entrance fee at RM15 Per person (Visit before 5pm)
- RDC Night Walk available on Monday / Wednesday / Friday @ 6pm. (Fee RM30 P/pax/hour. Minimum 2pax Booking must be made before 5pm.

Single Supplement available: **Yes**

Accommodation

[My Nature Resort](#) (Run Of House) or similar

Day 11 / Date: 13th April 2023
Kota Kinabalu

Meals included: Breakfast & local farewell dinner hosted by Sabah Tourism (pending confirmation from the Tourism board for 2022 tour)

After breakfast, free at leisure, enjoy the swimming pool or just stroll around the 1000 ft boardwalk. For those who wish to visit Sepilok Orang Utan rehabilitation centre & Sun Bear conservation centre for the second time can take this time to visit again. Entrance fee will be at own expense, but shuttle return transfer provided. Make sure to pack your luggage in advanced as you will need to check out right after your return from the centre.

Say goodbye to the Jungle Lodge and hit the road in a private vehicle and we will take an afternoon flight back to Kota Kinabalu today. The flight journey to Kota Kinabalu takes approximately 45 minutes. **Keep in mind that the luggage allowance for this flight is only 15 kg, and any excess baggage may incur a further charge.** Meet with your friendly driver and we depart to your hotel for overnight tonight.

Optional Activities

- Sepilok Orang Utan Rehabilitation centre @ 10am feeding time – MYR 30 Per person
- Borneo Sun Bear conservation centre – MYR 32 Per person

Single Supplement available: **Yes**

Accommodation

[Dreamtel Hotel](#) or similar

Day 12 / Date: 14th April 2023

Departure

Meals included: Breakfast

There are no activities planned for the final day and you can depart the accommodation at any time.

Departure Transfer

- Not Included

Important Notes

- There are camera fees which are payable locally
- Please note the luggage allowance for this flight is only 15 kg, and any excess baggage may incur a further charge

Trip Cost and What's Included

Trip Cost:

£1,995 pp

Based on sharing a twin room with another member of the group.

Leader/Guide

1 x English speaking Tour leader throughout

Meals/drinks

Refer to day to day itinerary

Accommodation

Hotel x 3 nights

Jungle Lodge x 6 nights

Guest House x 2 nights

Included Activities

As per the itinerary, including entrance fees where applicable.

Transport

Air-conditioned vehicle transfers throughout.
Domestic Flight on Day 11

Assistance

24-hour support from our local office

Exclusions:

- International arrival/departure flights

- International airport departure tax
- Tour guide for free time or days
- Optional activities
- Any visas required
- Services not mentioned in the itinerary
- Early check in or late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance

Joining point instructions

If you want to take a taxi on arrival please go to the taxi service counter – here the rate is a set rate of 35 MYR and they will issue a voucher to use with the taxi's parked outside. If you arrive between 10pm – 6am expect to pay a 50% surcharge

Important notes

- Climbing Mt Kinabalu is a challenge that shouldn't be underestimated. Elevation is above 2800 m and we rise early to summit in the dark in order to be able to witness the sunrise. It's an unforgettable climb for sure, but you'll need to have an excellent level of fitness to complete it. Read our blog here for everything you need to know about climbing Mt Kinabalu:
<https://www.intrepidtravel.com/adventures/guide-to-climbing-mt-kinabalu-...>
- There is a strict limit of 7kg for carry on and 15 kg for check in luggage on the internal flight. Excess luggage will incur additional fees payable on the ground to the airline.
- We recommend that you check your government's advice for their latest information on travelling in Eastern Sabah before your departure and ensure that your travel insurance covers you for all areas of your itinerary.
- There is a small camera fee of 10MYR each for Sepilok , Labuk Bay, turtle island

Physical rating

The Mt Kinabalu climb is quite challenging so the fitter you are the more enjoyable the experience will be. We recommend that you undertake regular aerobic exercise in the weeks before you travel, particularly if you are not in the habit of regular exercise. Walking, jogging, swimming or riding a bike are all good ways to increase your aerobic fitness, which will allow you to enjoy the trek to its fullest. Please note for those that do not wish to climb Mt Kinabalu you are not obliged to, it is an option to have accommodation arranged and stay at the base of Kinabalu at Park Headquarters. Please advise your agent at the time of booking if you do not wish to climb Mt Kinabalu so that the appropriate arrangements can be made.

Problems and emergency contact information

GENERAL ISSUES ON YOUR TRIP

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

For general enquiries or questions about your booking, please contact your agent or adventure specialist, or visit us at www.intrepidtravel.com/contact-us

In case of a genuine crisis or emergency, you can reach our local operator on the number below.

Intrepid's Malaysia Office: +60 13 881 5813

Itinerary disclaimer

ITINERARY CHANGES:

Our itineraries are updated regularly throughout the year based on customer feedback and to reflect the current situation in each destination. The information included in this Essential Trip Information may therefore differ from when you first booked your trip. It is important that you print and review a final copy prior to travel so that you have the latest updates. Due to weather, local conditions, transport schedules, public holidays or other factors, further changes may be necessary to your itinerary once in country. The order and timing of included activities in each location may also vary seasonally to ensure our travellers have the best experience. Your tour leader will keep you up to date with any changes once on tour.

OPTIONAL ACTIVITIES:

A selection of optional activities that have been popular with past travellers are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only for some of what might be available. Prices are approximate, are for entrance only, and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability, and may be on a join-in basis. It may not be possible to do all the activities listed in the time available at each destination, so some pre-planning for what you are most interested in is advised. When it's recommended that travellers pre-book these activities, look for a note in the Special Information section of the day-to-day itinerary. For most, they can either be organised independently on the day, or let your leader know you are interested and they can assist.

Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. Although it is possible that you may find the same activity cheaper with another operator on the ground, we cannot vouch for the safety or quality of that operator. Medium and high risk activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with organising these activities. Activities that contravene our Responsible Travel policies are also not listed. Please remember that the decision to partake in any activity not listed is at your own discretion and risk.

MT KINABALU ALTERNATIVE

If you do not wish to climb Mt Kinabalu you can opt to stay the night at the base of the mountain in dormitory

accommodation and meet the group the following day when they descend. Please ensure you advise your sales agent at time of booking if you wish to opt out of the climb. Please note due to limited availability there may be an additional charge to book this alternative accommodation. The additional charge will be confirmed to you upon your booking request being confirmed and will be collected locally by your leader on day one.

Please note any additional activities you choose to do during this time will be at your own expense and can be organised locally, Some include:

1. Guide hire - approx 100MYR - You can hire a guide and walk some of the many trails located at the base of the mountain.
2. Sabah Tea Plantation - approx 80MYR - Visit a tea plantation (approx 20 mins drive), cost only included transfers to and from the plantation www.sabahtea.net
3. Mt Kinabalu Garden - approx 15MYR entry fee - Free guided tour of the gardens
4. War Memorials - approx 40MYR - visit the surrounding war memorials, cost only includes transport.

PASSPORT DETAILS

Please provide passport details at the time of booking. If we have not received these details at least a 45 days before the departure date of your tour, there is a risk the internal flight (if included on your tour) cannot be booked, and we will not be able to request permits to climb Mt Kinabalu.

Passports, visas and entry requirements

PASSPORT

You will need a valid passport to travel internationally. As a general rule, most countries require that your passport has a minimum of 6 months validity remaining. Your passport details are required to complete your booking. Please ensure the name on your passport matches the name on your booking and airline tickets exactly and contact us immediately if there are any errors. We recommend taking copies of the main passport pages and other important documents with you as well as leave copies at home with family or friends.

VISAS

Visas are the responsibility of the individual traveller. Entry requirements can change at any time. It is important that you check your government's foreign travel advisories along with the consular website of the country or countries you are travelling to for the most up to date information specific to your nationality and circumstances. Please be aware that not all visa information found online from other sources may be valid while COVID-19 restrictions are in place.

Visas can take several weeks to process, so make sure you research the requirements as soon as you have booked your trip to allow for obtaining any necessary documents as well as the application and processing time. Your booking consultant can advise on a visa processing service or you can apply yourself directly through a consulate.

COVID-19 REQUIREMENTS

Below you will find general visa advice about the destinations on your trip. Due to constantly evolving COVID-19 requirements and restrictions, please refer to your government's foreign travel advice for the most up to date information.

RETURN TRAVEL

Please ensure you stay up to date with any current testing or quarantine requirements for returning to your home country or transiting through other destinations after the completion of your tour.

MALAYSIA:

Most nationalities do not need visas to visit Malaysia as a tourist for up to three months. Please check with your relevant Malaysian embassy or consulate.

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the opinion of our group leader or local guide any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained while travelling.

COVID-19

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

HEALTH SCREENING

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements. At the group meeting, you will be asked to complete a self-screening health form and report any COVID-19 symptoms as well as any close contact with someone who has suspected or confirmed COVID-19. If you are displaying any symptoms or have any health concerns at this time, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.

TESTING & VACCINATION POLICY

From 1st May 2021 we have introduced new safety measures that apply on all of our trips, except for tours in Australia and New Zealand. You will need to show either of the below to your leader at the Group Meeting on Day 1 of your trip:

- Proof of COVID-19 vaccination, or
- Proof of negative COVID-19 test conducted no more than 72 hours before day 1 of your trip, or
- Proof of recovery documentation

In addition, if you're aged 70+ or have an existing health condition that puts you at a higher risk of serious COVID-19 disease, you are also required to provide proof of vaccination before you can join a trip.

This policy is in addition to any specific testing or vaccination requirements for entry to a destination or required by your airline. For more information, including a detailed FAQ about this policy, please visit

<https://www.intrepidtravel.com/covid19>

DENGUE FEVER:

Rare instances of dengue fever have been reported in this region. This virus is transmitted by mosquitoes. There is no vaccination against it, but there are preventative measures that you can take such as wearing long clothing, using repellent and being indoors particularly around dusk and dawn.

AIR POLLUTION

From June to October, Malaysia can experience air pollution from forest fires in Indonesia. The persistent hot and dry weather conditions also causes dust to remain suspended in the air and accumulate, causing haze. Please be aware of this if you suffer from any medical conditions exasperated by air pollution.

ZIKA VIRUS:

There have been reports of transmission of the mosquito-borne Zika virus in this region and we advise all travellers to protect themselves from mosquito bites. Given possible transmission of the disease to unborn babies, and taking a very cautious approach, we recommend all women who are pregnant or trying to get pregnant to consult with their doctors before booking their trip.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company.

Money matters

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

We recommend USD300.00 for meals not included.

MALAYSIA

The official currency of Malaysia is the Ringgit (MYR).The most convenient and cheapest way to obtain local currency is by ATM. Foreign currency notes that are old, torn or faded can be very difficult to exchange, clean bills in small denominations are most useful.

TIPPING

If you're happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations.

Optional Tipping Kitty:

On Day 1 your tour leader will discuss with you the idea of running a group tipping kitty, whereby everybody contributes an equal amount and then your tour leader pays the tips for drivers, local guides, and hotel staff (excludes restaurant tips). The leader will keep a running record of all monies spent which can be checked at any time, and any money remaining at the end of the tour returned to group members. This is often the easiest way to avoid the hassles of needing small change and knowing when and what is an appropriate amount to tip. Participation in this kitty at your own discretion, and you are welcome to manage your own tipping separately if you prefer. Please note the tipping kitty excludes tips for your tour leader.

Optional tipping kitty for this trip: MYR 90 per person

Your Tour Leader:

You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline US\$2-US\$4 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service. Please don't tip with coins, very small denomination notes, or dirty and ripped notes. This is regarded culturally as an insult

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the reliability of universal travellers, however, local currency may be needed once in the country to cover these costs.

MALAYSIA DEPARTURE TAX:

From 1st September 2019, all travellers departing Malaysia by air will be required to pay a departure levy. The amount depends on the destination as well as the flight class and ranges from MYR 8 - MYR 150.

Packing

What you need to bring will vary according to when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances. As well as your underwear, toothbrush and other items you always need to pack for travel, below are some items that you specifically need for this trip.

FLIGHTS:- there is a strict 15kg luggage maximum on this trip due to internal flight. Excess luggage is to be paid by the traveler. You are also allowed a cabin bag of up to 7kg. Please note as this trip starts and finishes at the same hotel you can leave any excess luggage at the hotel in their secure storage room.

LAUNDRY- you will have access to paid laundry facilities on this trip, every couple of days in most destinations. We recommend you take a few set of clothes to wear for times when you don't have access to a laundry.

LOCAL DRESS - Malaysia is a liberal Muslim country, and many Malaysian women do not wear headscarves. However, Malaysia is very conservative when compared with standards you may be accustomed to at home, and you should dress accordingly. As a general guideline, shoulders, cleavage and knees should be covered when travelling in Borneo except when on the beach. Wearing skimpy clothing is considered disrespectful to local culture at many of the small local communities we visit.

ESSENTIALS

- Long trousers/long skirt/shorts (Denim not recommended due to humidity – cotton or quick drying clothes are better)
- T-Shirts/cotton shirts
- Long-sleeved top (for evenings when mosquitoes are out)
- Comfortable shoes for walking with a good grip: Closed-in shoes that are comfortable to walk for an entire day

are recommended

- Sandals/flip flops/easy to remove footwear:
- Sun protection – hat, sunscreen, sunglasses, lip balm
- Insect repellent
- Day Backpack – for carrying snacks, water bottle, camera etc
- Lightweight waterproof jacket – It is not unusual to encounter a short down pour even outside of the rainy season while traveling through South East Asia
- Swimming costume

RECOMMENDED

- Personal medical kit. Your guide will carry a large kit but we recommend you carry items such as, mild pain killers, bandaids and electrolytes.
- Camera with spare batteries/charger
- Electrical travel adaptor plug
- Torch/flashlight
- Hand sanitizer
- Water bottle – some hotels may have filtered drinking water to refill your bottle.
- Money belt or pouch
- Binoculars for spotting wildlife
- Torch or head lamp - recommended for around your accommodation at night. Some properties have limited lighting and are powered by generators that switch off at a certain time. It's a good idea to bring a headlamp or torch.

OPTIONAL

- A good book, a journal and music player
- Deck of cards if you like to play cards with your traveling buddies
- Travel washing line and Bio-degradable washing detergent

MORE!

If you need some further tips for packing, you can always check out our ultimate packing list.

<https://www.intrepidtravel.com/packing-list>

WATER BOTTLE

Consider bringing your own water bottle to refill along the way. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1-litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion ends up in limited landfill or discarded in waterways and natural environments. Although it can be difficult to avoid bottled water when travelling, please use the water dispensers which are provided at some of our accommodation or simply refill with tap water (your leader will advise whether tap water is safe to drink in your destination). When unable to avoid bottled water it is better to buy the largest available and distribute into your smaller bottle for the day.

Climate and seasonal information

CHINESE NEW YEAR:

An important 15 day festival for the Malaysian Chinese, based on the lunar calendar in January or February. In 2021, the Year of the Ox begins from the 12th of February. This can be a busy time and some transport delays, shop closures and reduced opening hours at some sites may be expected, but there are also many fabulous festivals and rituals to observe during this time, so it's a great time to travel. Although we make all reasonable

efforts to avoid disruption, a flexible approach from travellers is appreciated if choosing to travel during this time in Malaysia.

RAMADAN

The important month of Ramadan will be in progress 02 April - 01 May 2022 and 22 March - 20 April 2023, and the Eid ul-Fitr festival will be held directly at its conclusion for 3-4 days. Ramadan is a festival of sacrifice where the devout refrain from eating or drinking during daylight hours. During Ramadan, business hours are shortened, including opening hours at some tourist attractions. Alcohol is not permitted during daylight hours and many restaurants will be closed. While you should expect some delays and inconveniences during this period, the month is a fantastic opportunity to travel in a Muslim country and witness this unique period, particularly the nightly celebrations when the sun sets and the fast is broken. Please note that although the Eid ul-Fitr festival can also be a fascinating time to travel it's a period of national holiday. Most government offices and businesses will be closed and some tourist site opening hours may be affected.

Group Leader

All group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

MOTORBIKE BAG SNATCHING:

Be particularly aware of motorbike bag snatching, especially in the bigger cities.

GOVERNMENT TRAVEL WARNINGS FOR EASTERN SABAH

Please note for various nationalities in particular Australian, UK, Irish, New Zealand and United States, different increased Government travel warnings are currently in place for Eastern Sabah. We ask all of our travellers to familiarise themselves with their own Government Travel Advisories and to check that these Government warnings do not affect the level of coverage that is offered to them by their Travel Insurance provider. Travel insurance is compulsory on all of our tours and your insurance must cover you for all activities and areas visited as part of this tour. Please contact your Travel Insurance provider to ensure you have adequate cover for travel to Eastern Sabah.

We ask all of our travellers to monitor their own Government travel advisories, some of these are listed below,

Australian Department of Foreign Affairs & Trade

<http://www.smarttraveller.gov.au/zw-cgi/view/Advice/>

UK Foreign & Commonwealth Office

<https://www.gov.uk/browse/abroad>

Canadian Department of Foreign Affairs and International Trade

<http://travel.gc.ca/travelling/advisories>

US Department of State

<http://travel.state.gov/content/passports/english/country.html>

New Zealand Ministry of Foreign Affairs & Trade

<https://www.safetravel.govt.nz/>

Ireland Department of Foreign Affairs & Trade

<https://www.dfa.ie/travel/travel-advice/>

The safety of our passengers, leaders and operators is a major priority of Intrepid. With this in mind we monitor world events very closely. Intrepid makes operational decisions based on informed advice from a number of sources including The level of the Australian Government Department of Foreign Affairs & Trade (DFAT) travel advisory. For any Intrepid Travel operated trip if this advisory is at Level 4 'Do Not Travel' then Intrepid will either

cancel a trip or reroute the itinerary to avoid the areas concerned. We however also acknowledge that many of our travellers come from many different countries whose own Government travel warnings may differ to the Australian Government. We ask you to familiarise yourself with your relevant Government travel advisories at time of booking and continue to monitor these advisories prior to your trip.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

This is the beauty of our style of travel: many of our travellers join because they are travelling solo and want to meet and share experiences with like-minded people.

We pair up solo travellers with another traveller of the same gender as per your passport or the information we have in our booking system, so if you identify differently from the gender marker on your passport, please let us know in advance. We also have a Single Supplement available on most trips for travellers who prefer to have their own room.

Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

Some of our itineraries have accommodation booked on an open gender, multi-share basis and where applicable this will be specified in our Essential Trip Information.

Travel Insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

Travellers who reside within the European Union or Switzerland receive basic international health insurance, so travel insurance is not mandatory under European Union Law. However, as this does not cover situations such as emergency rescues, private health care, or repatriation to their home country, comprehensive travel insurance is strongly recommended. European Union or Swiss travellers who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible Travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

When packing be aware that dress standards are conservative throughout Asia, especially outside major cities. To respect this and for your own comfort, we strongly recommend modest clothing. This means clothing that covers your shoulders and knees. Loose, lightweight, long clothing is both respectful and cool in predominantly hot Asian climates. In many rural areas in Asia women will need to wear modest clothing even to swim. Singlets and tank tops for daily wear are not unusual attire. When visiting religious sites men often need to wear long trousers and women a long skirt or sarong.

BIRDS NEST SOUP

Birds nest collection is an ancient tradition dating back to 500AD which is used to make bird nest soup. Today birds nest collection is a regulated practice with locals requiring a government harvesting licence to climb to the roofs of caves to collect the birds nest. The first collection takes place early in the breeding season before the swiftlets lay their eggs. The birds then make another nest in which they lay their eggs. After the young have left the nest a second collection is made. Care must be taken to assure that the nests are collected only after the young swiftlets have abandoned these nests. Edible birds nests are protected under the Birds Nest Ordinance and the Forest Enactment of 1968. There are heavy fines and penalties imposed on unlicensed collectors and Intrepid Travel asks our passengers to refrain from consuming birds nest soup or products to discourage unlicensed collection.

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>

PALM OIL

While travelling through Eastern Sabah, you will likely notice that much of the land is covered in palm oil plantations. Check out our Boeneo Destnation page for more information about this hot topic:

<http://www.intrepidtravel.com/borneo>